



National Park Service  
U.S. Department of the Interior

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## Fire Island National Seashore News Release

**Release date:** May 16, 2006

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**Phone number:** 631-687-4752

**Date:** May 16, 2006

**Release code:** 06-05

### Fire Island National Seashore Offers Annual Four-Day Trek

**4-Day Fire Island Trek**  
**Monday - Thursday**  
**June 26-29, 2006**  
**September 11-14, 2006**



*Patchogue, NY*—Superintendent Michael Reynolds announced that the park will be hosting its annual four-day Fire Island Trek, June 26 through 29 and September 11 through 14, 2006. These excursions are from the Fire Island Lighthouse to the Wilderness Visitor Center at Smith Point, a distance of almost 20 miles. Guided tours and interpretive programs are incorporated along the way. Group size is limited by availability of lodging. Day 1 will start with a guided tour of the Fire Island Lighthouse and a special walk conducted by the Fire Island Lighthouse Preservation Society. The group will continue its trek to Atlantique for the conclusion of the first day's programs and activities. Overnight accommodations at the Appalachian Mountain Club's Fire Island facilities are limited, so sign up soon. On Day 2, the group will hike to Ocean Beach and Point O'Woods, where they will hear stories of the lifesaving stations and the history of the communities. Then on to the Sunken Forest for a tour, lunch, and dinner in the communities with lodging at Talisman/Barrett Beach. On Day 3, the group will continue down the beach to Watch Hill, where participants can enjoy a guided canoe trip through the salt marsh, dinner in Davis Park and a campout at Fire Island National Seashore's only group campground. For Day 4, participants will hike the 7-mile stretch of beach in front of the wilderness area, ending up at the Wilderness Visitor Center, Smith Point. Participants will be responsible for their own transportation and most meals. Reasonably priced lodging is available. Spaces are limited.

For more information and/or reservations about the [Fire Island Trek](#), contact Fire Island National Seashore Interpretation Office @ 631-687-4765, 9:00 a.m. to 4:30 p.m. weekdays. To learn more about Fire Island National Seashore, visit the park's web site at [www.nps.gov/fiis](http://www.nps.gov/fiis).

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